

# balance

## INTRODUCTION

## Balance—Part 3

Too much to do. Too little time. Too many choices. Too many expectations. Sometimes, it's just too much.

In today's world, it seems like a badge of honor to be busy. But is it really God's will that we constantly be under stress and deadlines? Is there a better way to navigate life?

Throughout this series, we'll explore biblical strategies for maintaining a healthy balance in our lives, and how to deal with life when it's simply too much.

## DISCUSSION QUESTIONS

1. Do you think most people live balanced lives? Explain your answer. In what ways are we often out of balance? Think of personal examples.
2. How does our society reinforce the idea that we need to “go and go and go?”
3. *Read Ephesians 5:15-17. What do you think Paul means when he says we need to live wisely “because the days are evil?” Why do you think we sometimes choose not to “live wisely?”*
4. What does Paul mean when he says we should “make the most of the time?” Do you think these verses are suggesting we shouldn't waste time with things such as entertainment, sports or hobbies? Explain your answer. How might rest, fun activities and enjoyable experiences fit into a balanced lifestyle?
5. How do we discover what God's will is for our lives? Can you think of a personal example where you feel God revealed his will to you?
6. How can discovering our “SHAPE” help us spend our time in the right places? (S - Spiritual gift, H - Heart, A - Abilities, P - Personality and E - Experiences). Have you personally been helped by understanding your “SHAPE?” Would you agree that God often works through “our SHAPE” in revealing his will for our lives?
7. *Read Ephesians 4:15-16. How can other people help us determine where we should spend our time? Why might we be hesitant to ask others for their input into our lives or our schedules? Why is it important that we consider what others might have to say?*
8. How might you apply tonight's lesson to your life?

## APPLICATION

### KEY VERSES (HCSB)

Genesis 2:2  
Acts 13:25  
John 17:4-5  
Ephesians 5:15-18  
Ephesians 4:15-16